

Alton Parks and Recreation Basketball League Information Sheet and Schedule



Contact: Director- Kellie Troendle at 875-0109, E-mail:parksrec@alton.nh.gov

Courts and Games

For games/practices at Prospect Mountain High School- please use the gym entrance at back of building. 3rd-6th grade will practice at the Alton Central School gym during the week as scheduled. 3rd-6th grade games will be held in Alton (PMHS), New Durham, Wakefield, Barnstead, Milton (Nute) and Gilmanton. **All players need to be at the court at their game time, each game is designated a one hour time slot.** Please clear the court immediately after the game so the next team can begin. Please carry your playing sneakers into the gym to reduce slips and dirt on the gym floor. Please bring in only water at the ACS and PMHS gyms, food and drinks are prohibited.

Weather, Dress and Refreshments

Due to limited court space and scheduling there will be no make up practices/games. If there are any questions about weather conditions or cancellations at ACS or PMHS call the Alton Parks and Recreation Department at 875-0109. Cancellations will be posted on the Parks and Recreation Face Book Page and Town of Alton Web Site. If school/after school activities are cancelled, practices are cancelled. Away games: Games may be cancelled if there is inclement weather, so please call the home team phone number listed on the directions sheet before heading out to the court in another town if you are not sure about the weather. Games start January 4 and run through February 15. Players should wear their team shirt, shorts and tie sneakers with socks. Mouth guards are recommended and sports goggles are recommended for players who wear glasses. Players should bring their own ball and water bottle to each practice and game.

Schedule

The game schedule is attached. 3rd-6th grade games are scheduled in different locations and may not be held the same place every week. Some teams may have a bye, which means your team has the week off and some teams may have a double header, which means you play two games in one day. Please contact your coach or our department for assistance with the schedule if you have any questions.

Rules and Officials

The Town basketball coordinators established the League Basketball Rules and all of the Towns have agreed to play by them. The rules need to be followed and enforced for safety reasons as well as consistency throughout the season. The players need to experience consistency in order to learn the game and to be able to focus on their skills. Please read the rules carefully.

If you have disagreements with the rules or a call, as a parent or coach, please take it up with your coach or Parks and Recreation Director, Kellie Troendle 875-0109 after the game and after waiting the "24 Hour Rule" period- never on the court or during a game. Disagreements at a game create a poor example of sportsmanship and can confuse and upset the players. If a rule seems unfair and should be adjusted to better accommodate the players we can make adjustments for next year or during the season if it is crucial. As a community we are all here for the children who just want to play and have fun. A volunteer parent, coach, or high school student referees most of the games, please keep that in mind.



2014 Recreation Basketball League Rules and Guidelines

Adopted by: Alton (A), Gilmanton (G), New Durham (ND), Wakefield (W), Barnstead (B), Ossipee (O), Milton (M)

General Rules:

- Call the hosting facilities contact number at least 1 hour before game time or Alton Parks and Recreation 875-0109 for any cancellations or questions.
- If school is cancelled or let out early then all after school activities are cancelled, including Basketball. Game cancellations will be left on the Parks and Recreation voice mail on Saturdays if the weather does not permit us to play.
- Uniforms shirts will be distributed to the players and they are able to keep them.
- Unless stated otherwise we will be using NFHS rules.
- Jewelry is prohibited (including earrings, necklaces, watches, rings, bracelets, etc.)
- Players are required to wear non-marking sole sneakers with ties. Please carry in sneakers.
- Hiking boots, work boots- any footwear other than tie sneakers are prohibited. A child will
 not be able to play in improper footwear.
- Mouth guards are recommended.
- Please bring a water bottle and your ball to each game and practice. Mark your name on ball.
- Sports glasses/protective goggles are recommended for players wearing glasses.
- Coaches are not baby sitters. It is a privilege to participate in this program and players are expected to follow the coach's rules. Players can be removed from the program for discipline issues, please be available to supervise your own child during practices and games.
- Players should play equal time; this is a recreation program- we focus on fun and learning new skills.
- <u>24 Hour Rule</u>- If a conflict arises between a parent, coaching staff or officials, the League requires a cooling off period of 24 hours before contact can be made to resolve the issue.
- No chewing gum or eating food while playing a game, it is a choking hazard.
- In case of injuries, official should blow the whistle and all other players drop to one knee while the injured player is assisted from the court or is ready to continue. At this point play resumes. The clock is not stopped for injuries.
- Games will start on time.
- All games are played with a running clock unless noted.
- Swearing and gesturing will not be tolerated at any grade level.
- The Parks and Recreation Department promotes a smoke free environment for our sports programs. Smoking is prohibited on school grounds.
- Please only bring water into the gym. Food and drinks are not permitted per school policy.



There are no modifications to the agreed upon rules. The rules will stand as presented. If a rule needs to be changed during the season the League can make the modification if necessary during the season.

1st and 2nd Grade

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- > Basic fundamentals.
- Coaches provide officials for games.
- Score is not kept.
- > 9 minutes running time; 4 quarters; 1 minute between quarters; Half-time is 2 minutes.
- ➤ Time Outs: 3-1Minute
- ➤ 8'Rims; 27.5 size ball.
- All officiating is strictly instructional. Any blatant fouls or carries are called. In/out of bounds, some traveling, jump balls.
- > The focus should be on fun and basic skills.
- > Officials call subs in.
- > Defense will not pick up until at the top of the key.

3rd and 4th Grade

- ➤ Grade 3-4 uses the NFHS Rule Book with a few modifications.
- ➤ 6 Foul limit then removal from game.
- **9** minutes running time, 4 quarters- if a player is taking foul shots and time expires, the player will finish the free throws; 1 minute between quarters, Half-time is **3** minutes. 4th Quarter- clock is stopped for all free throws.
- ➤ Shoot from behind the line- ok to go over line when making foul shot.
- > Officiating is instructional but offenses should be called consistently- with explanation.
- ➤ No full court press on at half court- NO EXCEPTIONS.
- ➤ 3 Second Rule is 5 seconds.
- ➤ Time Outs: 3-1 Minute.
- Officials will be provided.
- ➤ Ball size is 28.5.
- Scoring: Scoreboard and/or scorebook.

5th and 6th Grade

- ➤ Grade 5&6- National Federation Rules
- ➤ Ball size is 28.5.
- No full court press, pick up at half-court, can play defensive back court but no press- Exception- last three minutes of game- pressing is allowed.
- ➤ When Playing in New Durham- The half court line becomes the opposite foul line once the ball has crossed the established half court line.
- > 7 minutes stopped time, 4 quarters; 1 minute between quarters; Half-time is 3 minutes.

DIRECTIONS TO COURTS:

In the event of inclement weather we advise that you contact the Town you are traveling to after 7:00am to confirm your game. If games are cancelled a recorded message will be left at each number with cancellation information.

PLEASE- DO NOT BRING FOOD OR COFFEE/DRINKS INTO GYM

New Durham School: **859-5666**- Route 11 South from Alton Traffic Circle. Left at 1st yellow blinking light (Depot Rd.). Once on Depot Rd. take a right at stop sign. School in on right.

<u>Gilmanton School</u>: **393-9842**- Route 140 toward Gilmanton. Stay on Rte.140 until you see the school on the left (5.7 miles from Alton Main Street to school).

Alton-Prospect Mountain High School: 875-0109- From Alton Traffic circle, Rte 28 S toward Barnstead, PMHS sign/driveway to school is on the right. Use the gym entrance around the back of the building. Water only in the gym, food and drinks for spectators in the gym are prohibited per school policy.

Wakefield: 522-9977- ALL WAKEFIELD GAMES WILL BE PLAYED AT THE PAUL SCHOOL IN SANBORNVILLE N.H. DIRECTIONS- 2 options: (1) Take the Spaulding TPK. North. Go to the intersection of RT 16 & 109. (Mobile gas station on the right) Turn right and proceed to second left (Forest St.) Turn left onto Forest St. Then take your second left off Forest St. continue straight and this will bring you right to Paul School. (2) From Alton Circle take Rte. 11, turn left across from Cameron's, take left at center of town onto Rte. 153, take a left onto Rte. 16, Go to the intersection of RT 16 & 109. (Mobile gas station on the right) Turn right and proceed to second left (Forest St.) Turn left onto Forest St. Then take your second left off Forest St. continue straight and this will bring you right to Paul School.

Barnstead: 608-6951- From the Alton Circle take 28 South. Follow approximately 10-12 miles to Barnstead. As you enter Barnstead, look for a blinking yellow light with a Mobil Gas Station & Barnstead Country Store on the left. Turn Left (onto Maple St) and the school in on your left just past the store.

<u>Milton (at Nute)</u>: **652-4501 ext 8**- From the Alton Traffic Circle take Rte. 11 toward Farmington. Go approximately 8 miles, take Left onto Central Street (across from Cameron's). Go .9 miles, make Right onto Main Street. Go .2 miles, take 3rd Left onto Elm Street (Rte. 75E), go 3.9 miles, turn left onto Elm Street for .9 miles. 22 Elm Street on left. Games are played at Nute High School.

Fouls for 3rd and 4th Grade Teams

I. Personal Fouls

On the court the following will be considered fouls and play shall be stopped so that the personal foul may be recorded.

A Player shall not:

- Hold
- Push
- Charge
- Trip

Nor impede the progress of an opponent by extending their arms, shoulders, hip, feet, or knees or by bending their body into an other than normal position.

A Player shall not contact their opponent with their hand unless it is with the opponent's hand while on the ball in an attempt to get the ball.

A Player shall extend arms vertically only.

A Player shall not forearm and hand to prevent an opponent from attacking the ball during a dribble or shot.

A dribbler shall not charge into an opponent in his/her path.

II. Player Technical Fouls

A Player shall not (including the bench) commit a un-sportsman like foul

- Disrespectfully address or contest an official or gesture inappropriately.
- Use profane or inappropriate language or obscene gestures.
- Bait or taunt an opponent.
- Obstruct the vision of an opponent not in control of the ball by waving hands in the opponents face.
- Excessively swing arms/elbows even though there is no contact with an opponent.
- Intentionally contact an opponent when the ball is dead.
- Be charged with fighting.
- Interfere with a free throw.
- Reach across a boundary line and touch or dislodge the ball.
- Participate after having been disqualified.
- Object to an official's call or decision by rising from the bench or using gestures.

III. Bench Technical/Coach Fouls

Coaches are responsible for the conduct and behavior of substitutes, disqualified members and all others on the bench.

Coaches may:

- 1. Confer with bench personnel/players.
- 2. Rise and stand in front of their seat to signal players for a time out.
- 3. Confer with personnel at scorers table to request a full-length time-out or to rectify timing or scoring mistake.
- 4. Attend to an injured player when beckoned by an official.
- 5. Replace or remove a disqualified or injured player directed to leave the game.
- 6. May rise to respond to an outstanding play by a member of their team.

Coaches may not: (all but 7 are direct technical)

- 1. Disrespectfully address an official.
- 2. Attempt to influence an official's decision.
- 3. Use profane or inappropriate language or gestures.
- 4. Disrespectfully address or bait opponents.
- 5. Object to an official's decision by using gestures.
- 6. Illicit undesirable crowd reactions.
- 7. Intentionally allow a member to participate after being disqualified (indirect foul).

Players will become bench personnel for the remainder of the game acquiring 5 personal fouls or 6 personal fouls for 3&4 grade at any time during the game.

Coaches will be requested to leave the building if they acquire 2 technical (direct) fouls.